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Volume 6, Issue 1

Spring 2012

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## 2013 SNAP Education Plan Guidance Released

It's spring time, and with spring comes anticipation of the USDA Food and Nutrition Service (FNS) Supplemental Nutrition Assistance Program (SNAP) Education Guidance for the upcoming Federal Fiscal Year. The Fiscal Year (FY) 2013 SNAP-Ed Guidance was released March 30, 2012.

The FY 2013 SNAP-Ed Guidance incorporates changes resulting from the enactment of the Healthy, Hunger-Free Kids Act (HHFKA) of 2010. The HHFKA established a nutrition education and obesity prevention grant program for eligible low-income individuals. Under HHFKA, the target population eligible to receive nutrition education and obesity prevention services continues to focus on

low income individuals but not strictly SNAP participants. The provision also requires interventions to be evidence-based and outcome driven with an emphasis on preventing obesity. FNS consulted with Federal, State and local partners from government, academic/research communities, practitioners, and community organizations, as required by the statute, to understand the needs of the communities and strengthen education efforts. The guidance is the outcome of that outreach with information on how to implement SNAP-Ed using individual or group-based nutrition education; comprehensive, multi-level interventions; and using community and public health approaches.

The 2013 Guidance is organized into four sections:

- Overview, including definitions and Guiding Principles
- SNAP-Ed Plan Process
- Financial and Cost Policy
- Appendices, including Optional Report and Plan Templates (Appendix A)

FNS has re-designed the SNAP-Ed Guidance for 2013 to address programmatic changes and to make the Guidance more user-friendly. Check out the new Guidance today on the SNAP-Ed Connection Web site:

<http://snap.nal.usda.gov/national-snap-ed/snap-ed-plan-guidance-and-templates>

## Submit Your Stories

Does your state or implementing agency have a noteworthy story or a unique project or initiative? The SNAP-Ed Connection would like to hear about it! We are now accepting your contributions to the SNAP-Ed Connection Bulletin. The Bulletin is published twice a year, once in the spring and once in the fall, and is distributed to State SNAP-Ed offices and local SNAP-Ed implementing

agencies across the country. We would like to help tell your story about any of the following:

- Success stories about your project or program
- Nutrition education ideas
- New initiatives or training tools
- Professional development opportunities to share

- Tips for success for new SNAP-Ed Providers

Submissions should be 300 words or less, and they will be reviewed prior to publication. Please note that we cannot guarantee your submission will be published due to space and other content limitations. Please send your submissions to

[SNAP-Ed@ars.usda.gov](mailto:SNAP-Ed@ars.usda.gov)

## USDA Reveals SuperTracker

On December 22, the United States Department of Agriculture released SuperTracker, a free online tool available at ChooseMyPlate.gov. SuperTracker integrates both MyPyramid Tracker and the MyPyramid Menu Planner (Food Planner) to help users plan, analyze, and track diet and physical activity.



With SuperTracker, users can:

- Look up the nutritional value of individual foods.
- Find recommendations for what and how much to eat.
- Assess personal physical activity and identify ways to improve physical activity level.
- Compare personal food choices to recommendations from the 2010 *Dietary Guidelines for Americans*.
- Track foods and activities, plus save favorite food combinations for easy entry.
- Measure progress with reports that analyze food and nutrient intakes over time.
- Use social media to share success and helpful tips.

SuperTracker is designed to support nutrition and physical activity goals by assisting individuals in reducing their risk of chronic disease and maintaining a healthy weight. This new tool is free, fun to use, and can add value to a variety of nutrition education activities.

Access SuperTracker at  
<http://www.choosemyplate.gov/supertracker>

### SNAP-Ed Connection Team

Sara Wilson, MS, RD  
 Rachel Tobin, MS, RD  
 Nicole Holovach, MS, RD, LDN  
 SNAP-Ed@ars.usda.gov

### Food and Nutrition Service Partners

Usha Kalro, MS, RD, LD  
 Gerry Howell, MS, RD

## USDA Releases SNAP Education and Evaluation Study

In January, USDA released the *SNAP Education and Evaluation Study (Wave I): Final Report*. This study examined the impact of SNAP-Ed on dietary behaviors through the evaluation of four SNAP-Ed interventions. Three interventions aimed to increase fruit and vegetable consumption in preschoolers or elementary age children, while the fourth focused on increasing eating competency of low-income women.

None of the projects had a significant effect on the primary outcome measure of daily at-home consumption of fruits and vegetables. However, all three child-focused interventions showed promising trends (though the results did not achieve statistical significance), including:

- Increased child-initiated vegetable snacking
- Increased willingness to try new fruits
- Increased willingness to try new vegetables
- Increased parental offerings of vegetables for snacks
- Greater at-home availability of fruits and vegetables

The fourth intervention did not have an impact on any of the measures studied.

Lessons learned from the child-focused projects included:

- Recognizing the need for maximizing parent/caregiver reach and engagement
- Encouraging more involvement and ongoing reinforcement by classroom teachers or site staff
- Addressing parental concerns about food costs by promoting all forms of fruits and vegetables
- Conducting needs assessments prior to implementing new programs

To read the full report or report summary, and to access other SNAP-related reports and research, visit

<http://www.fns.usda.gov/ora/MENU/Published/SNAP/SNAP.htm>

## Submit Materials to the Resource Finder

The SNAP-Ed Connection Resource Finder is filled with innovative materials created by SNAP-Ed providers, federal, state and local governments, organizations, and businesses. Examples include curricula, games, audiovisuals, print education materials, reports, and social marketing materials.

Have you developed a resource you'd like to share? Tell us about it by completing the form located in our Sharing Center:

<http://snap.nal.usda.gov/resource-library/sharing-center>

Our team of nutritionists reviews each item for accuracy, scope, bias, and readability. Materials that meet the scope and criteria of the SNAP-Ed Connection are included in the Resource Finder database. Learn more about the criteria on our Web site:

<http://snap.nal.usda.gov/resource-library/resource-finder/review-criteria>

## Updated Photo Gallery

The SNAP-Ed Connection is pleased to announce the addition of brand new digital images to the SNAP Photo Gallery! Twenty-nine new photos were uploaded to the Photo Gallery in December 2011. The SNAP-Ed Connection team categorized the photos into the six existing topic areas:

- Food Purchasing
- Farmers' Markets
- Nutrition Education
- Physical Activity
- Meals
- SNAP Prescreening Tool



The SNAP Photo Gallery is provided as a complimentary resource by the USDA's Food and Nutrition Service (FNS). It was created as a resource for State and local SNAP-Ed providers for use in communicating Program nutrition education and outreach messages. These pictures are only to be used for promotion, informational, and educational purposes of a non-profit nature.

The SNAP Photo Gallery is accessible on the SNAP-Ed Connection Web site by clicking on the link from the home page or here:

[http://snap.nal.usda.gov/foodstamp/photo\\_gallery.php](http://snap.nal.usda.gov/foodstamp/photo_gallery.php)

Available in multiple resolutions, the photos are appropriate for both print and Web use.

## New Webinars Page

Can't travel to conferences and meetings? Why not learn at your desk? Webinars can be a convenient and cost-effective way to meet your training and professional development needs! We have created a new page with links and information on Webinars that can be helpful to SNAP-Ed providers across the nation. Start learning today by visiting the SNAP-Ed Connection's Webinars page at

<http://snap.nal.usda.gov/professional-development-tools/webinars>

The new Webinars page features links to organizations that offer upcoming and archived webinars. Organizations were chosen based on a review of the webinar topics they offered, and their

relevance to SNAP-Ed providers. The organizations listed on this page offer a number of webinars on a variety of topics, including many that were suggested in the feedback from our SNAP-Ed Talk listserv. The majority of these webinars are free, and some offer continuing education credits. Participants can view the webinars conveniently from their home or work computers.

Do you have a comment or know of another great organization that offers webinars that we should add to this page? Let us know by sending an e-mail to:

[SNAP-Ed@ars.usda.gov](mailto:SNAP-Ed@ars.usda.gov)

*Special thanks to Ashley Chrisinger, University of Maryland Dietetic Intern, who worked with SNAP-Ed Connection to create this page.*



## Upcoming Conference Calendar

Be sure to save the date for these upcoming events!

### SNEB 2012 Annual Conference

Society for Nutrition Education and Behavior  
July 14-17, 2012  
Washington, DC  
<http://www.sneb.org>

### NEAFCS 2012 Annual Session and Exhibits

National Extension Association of Family and Consumer Sciences  
September 24-28, 2012  
Columbus, OH  
<http://www.neafcs.org>





SNAP-Ed Connection  
USDA/ARS National Agricultural Library  
10301 Baltimore Ave., Room 108  
Beltsville, MD 20705-2351

Phone: 301-504-5414  
Fax: 301-504-6409  
TTY: 301-504-6856  
E-mail: [SNAP-Ed@ars.usda.gov](mailto:SNAP-Ed@ars.usda.gov)  
Twitter: @SNAP\_Ed

Connecting SNAP-Ed providers with  
information and education resources.

The SNAP-Ed Connection is a dynamic online resource center for State and local SNAP-Ed providers. SNAP-Ed Connection is funded by USDA's Food and Nutrition Service (FNS) and maintained at the National Agricultural Library's Food and Nutrition Information Center in collaboration with the University of Maryland.

The SNAP-Ed Connection, previously titled the Food Stamp Nutrition Connection, was established in 2001, by the USDA Food and Nutrition Service with the goal of helping SNAP-Ed providers find the tools and information they need to provide quality nutrition education for low-income audiences.

## Visit us on the Web!

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## Recipe Highlight: Asparagus with Gremolata Sauce

As the ground warms in spring, asparagus is one of the first crops to emerge. Enjoy fresh asparagus when it's sweeter and more affordable.

Serving Size: 6 ounces  
Yield: 6 servings

### Ingredients:

2 pounds asparagus, washed and trimmed  
2 Tablespoons margarine or butter  
2 teaspoons grated lemon peel  
1 large garlic clove minced  
2 Tablespoons fresh lemon juice

### Instructions:

1. Cook asparagus in a large pot of boiling water until tender, about 4 minutes.
2. Drain. Rinse with cold water to cool quickly, and drain again.
3. Pat dry; wrap in a paper towel and then plastic wrap and refrigerate.
4. Melt margarine in a heavy large skillet over medium-high heat.

5. Add lemon peel and garlic and stir for 30 seconds.

6. Add asparagus and toss to coat.

7. Sprinkle with lemon juice. Sauté until asparagus is heated through and coated with Gremolata sauce, about 3 minutes.

8. Transfer to platter. Sprinkle with parsley and serve.

### Cost:

Per Recipe: \$ 5.08  
Per Serving: \$ 0.85

### Source:

Adapted from:  
Eat Smart New York!

Nutrition Facts			
Serving Size 6 ounces (158g)			
Servings Per Container 6			
Amount Per Serving			
Calories 70		Calories from Fat 35	
		% Daily Value*	
Total Fat 4g		6%	
Saturated Fat 0.5g		3%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 55mg		2%	
Total Carbohydrate 6g		2%	
Dietary Fiber 3g		12%	
Sugars 3g			
Protein 3g			
Vitamin A 25%		Vitamin C 20%	
Calcium 4%		Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			